



NCARNG Weekly Safety Newsletter



July 17, 2015

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Sun, Sand and Safety



Every summer, people pack their bathing suits, sunscreen, flip flops and a good book for a trip to the beach. Or, perhaps where you live, you are fortunate to have beach weather for the greater part of the year. Regardless of how often you get to sink your toes into the sand, below are some beach safety tips and steps you can take to be make sure you and your family remain safe.

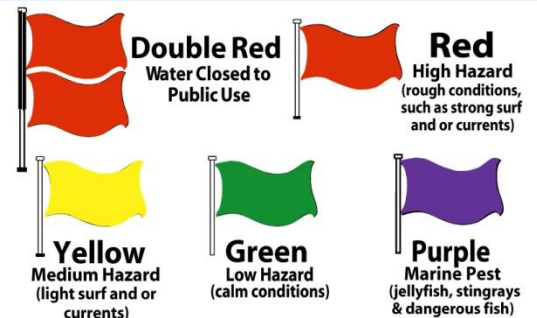
Swimming in a pool is NOT the same as swimming at a surf beach with crashing waves, winds and currents that can change suddenly. While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore.

- **Flag system:** Check for flags flying on the beach to let you know if it's safe to swim. Red means "Danger: No Swimming," yellow means "Caution: Seek Advice," and green means "Safe to Swim." A red and yellow flag signals a swimming area patrolled by lifeguards, a purple flag means marine pests (such as jellyfish or sharks) are present, and a black-and-white checkered flag indicates a watercraft area where no swimming is allowed.

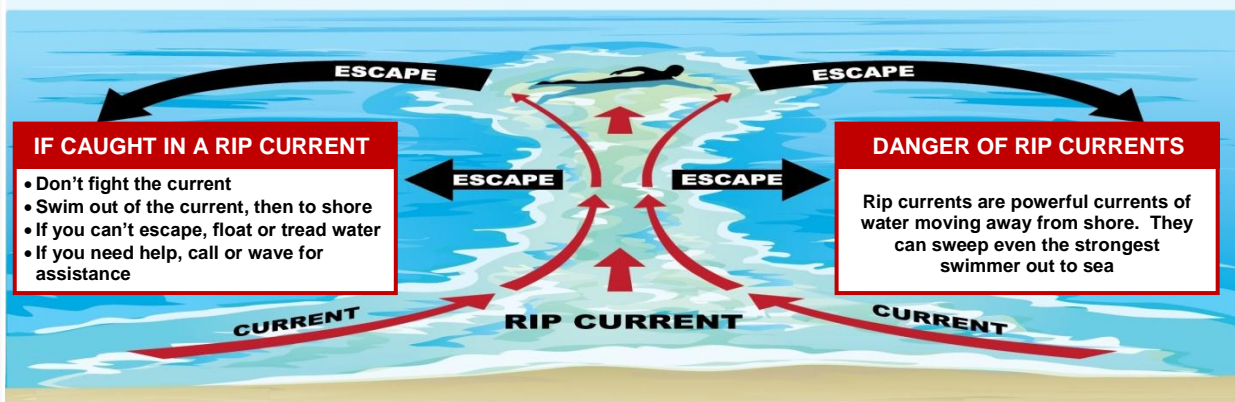
- **Feet first:** As much as you enjoyed watching Baywatch, never run from the beach and dive head first into shallow water. If you're jumping into the water from high up, always go feet first; you have no idea what's beneath the waves.

- **Rip Currents:** Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. Beachgoers should be aware of how dangerous rip currents are, and swim only at beaches with lifeguards in the designated swimming area. Rip currents can form in any large open water area, such as low spots and breaks in sandbars, or near structures such as jetties and piers. For your safety, be aware of the danger of rip currents and remember the following:

BEACH FLAG WARNING SYSTEM



RIP CURRENTS



**For more on Beach Safety visit www.healthline.com/health/summer-health/9-summer-safety-tips#1 or www.redcross.org/prepare/disaster/water-safety/beach-safety



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Find your Happy Place

6 Bad Habits that Impact Mental Health

Unbeknownst to many, seemingly innocent habits, even tiny ones, can affect your mental health. Everything from your level of physical fitness to your use of social media can dilute mood, positivity, and sabotage your mental wellbeing.

Here are six small bad habits that have a big impact on mental health...

1. Living the Sedentary Life

It should be zero surprise that there is an established link between lack of physical activity and high rates of depression. In fact, you can banish depressive feelings and negativity by up to 20-percent simply by exercising 3 times per week—even if you're just taking the stairs and walking to do errands in your neighborhood.



2. Trapped in Toxic Bonds

Harmful partner bonds, coworker bonds, family, and friend bonds can also result in low self-esteem, anxiety, and depression. If you think you're wrapped up in toxic relations, seek help from an unbiased professional or ask the help of a supportive friend or family member.

3. You're Sleep Deprived

Sleep the foundation for, well, everything, particularly when you consider that during slumber our bodies use this time to reboot all systems—including organ function, central nervous system, brain function, and digestion. If you're blue, chances are you're sleep deprived.



4. The Social Media Void

When was the last time that you had a meaningful conversation with a friend, spouse, or family member that wasn't over social media? Take a break from social media to foster real, face-to-face connections. Power down for a good chunk of each day to regenerate body and mind to prevent anxiety and depression disorders

5. Lack of "Me" Time

When do you get time for yourself—between work, family, marriage, and social responsibilities? If the answer is never, you've pinpointed a prime source of stress and irritability. Book at least 15 minutes each day for you, you and no one else but you. Everyone deserves a mental time out to do something they enjoy.

6. Master Procrastinator

Most procrastination results from feelings of fear and anxiety, which can create a ton of stress around work, family, and social obligations and actually increase stress and lower mental well being. However, the opposite is also true. When we finally tackle a "to-do" we've been hesitating over, we boost self-confidence by proving to ourselves that there was nothing to fear to begin with.

For more information visit www.activebeat.com/your-health/9-bad-habits-that-impact-mental-health/

